

THE PATH TO HEALTHY FEET



APRIL IS
 NATIONAL
 FOOT HEALTH
 AWARENESS
 MONTH

Because foot health can be an indicator for other health problems, and non-healing wounds may adversely affect quality of life, it is important to take care of your feet each day.

Keep your feet healthy:



PERFORM DAILY
 FOOT CHECKS



AVOID WALKING
 BAREFOOT



KEEP FEET CLEAN
 AND MOISTURIZED



WEAR PROPERLY
 FITTED SHOES



AVOID
 TEMPERATURE
 EXTREMES



KEEP TOENAILS
 TRIMMED



WEAR SOCKS/
 STOCKINGS WITH
 SHOES



AVOID OVER-THE-
 COUNTER REMEDIES
 FOR CORNS

➔ FOR MORE INFORMATION